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HOUSEKEEPERS' CHAT

Wednesday, April 26, 1933.

(FOR BROADCAST USE ONLY)

Subject: "How to Preserve Surplus Eggs." Information from the Bureau of Animal Industry and the Bureau of Home Economics, U.S.D.A.

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Very soon now -- perhaps next week -- we'll be starting our chats on home canning and preserving fruits and vegetables. We'll be discussing equipment and methods for saving surplus products from our gardens and orchards for use next winter. In these economy times, the wise housekeepers' motto is: "Save the surplus." At this season many farm families have surplus eggs on hand and want to know how to preserve them for cooking purposes next winter.

Fresh eggs preserved in water glass in April or May will be good for cooking up to next November or December, the specialists say. When money for food is limited, this is a wise economy, for eggs are important items in the diet the year around. They're so important for growing children that nutrition specialists recommend an egg a day, if possible, for every child over two years of age. For younger children, they recommend the egg yolk only. The white part of the egg is almost a pure solution of certain proteins of high value in body building and repair. The yolk of the egg is high in fat, and contains proteins and compounds of phosphorus and iron. The yolk also furnishes some calcium needed for bone and tooth building, and certain of the vitamins, necessary for growth and development.

So much for the food value of eggs. Now for its cooking values. Probably no other single article of food can be used in a greater number of dishes than eggs. And, fortunately, you can use eggs preserved in waterglass for all purposes in cooking and for the table. When you are going to boil preserved eggs, first make a small hole with a pin at one end of the shell. Otherwise the shell will crack during the cooking. The tiny hole allows the air in the egg to escape as it heats and expands.

For good results, select your eggs very carefully before you put them down in waterglass. Preserve only those that are clean, fresh and infertile. Dirty eggs will spoil, and, if you wash them, you'll remove the natural protective covering on the shell which helps prevent spoilage. Cracks, ever so tiny, also cause spoilage. One spoiled egg may contaminate others in the jar. So for safety's sake, examine by candling every single egg before you put it in the jar. And use all cracked, weak-shelled or dirty eggs at once while they're still fresh. Usually, you prepare your crock of waterglass and then put a few eggs down in it whenever they aren't needed for immediate consumption. A five-gallon crock is a convenient size for the purpose. Set it wherever you plan to keep it, before you put in the waterglass or any eggs. Moving it later might crack the eggs. A five-gallon jar will be large enough to hold 15 dozen eggs and still allow at least two inches of the waterglass solution to cover the tops of the eggs.



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Now here are the directions for preparing the crock and making the preserving solution: First clean the crock thoroughly. Scald it and allow it to dry. Heat a quantity of water to the boiling point and allow it to cool. When it is cool, measure out nine quarts of water and add one quart of sodium silicate, or waterglass, which you can buy in most drug stores. Mix well. You can put eggs in this solution, whenever you have some to spare. Lower them carefully into the crock to avoid cracking them. Be very careful to keep at least two inches of the waterglass solution above the top layer of eggs. Keep the crock well covered to prevent evaporation. Several thicknesses of waxed paper tied over the top will be satisfactory and you can remove it easily when you want to add more eggs. If the solution evaporates considerably, you can mix more in the same proportions and pour it into the crock. You can remove eggs preserved this way at any time.

If you can't buy waterglass, you can preserve eggs in a lime water solution. Dissolve two or three pounds of unslaked lime in five gallons of water. Use the clear liquid remaining after the lime has settled to fill the crock, just as you used the waterglass solution.

So much for preserving eggs. Now for the Wednesday menu. Let's have Baked fish steak; Hot rolls; Potato chips; Asparagus salad with French dressing; and White cake with fruit sauce.

If fresh asparagus is on your market just now, that will make a delicious spring salad. If not, you can use canned asparagus. Here's one way to make an easy salad. Drain the asparagus. Lay several pieces together on some crisp lettuce. A strip of red pimiento across the asparagus stems adds a bit of bright color. Pour on French dressing containing a pinch of mustard. You can make fresh asparagus salad the same way. Be sure to clean the asparagus well, to cut off the tough end of the stems and make your stems a convenient even length. And be sure to cook it carefully, not to break the tender tips. If you prefer a mixed salad, dice the fresh green asparagus and combine it with shredded lettuce and dress it with cooked salad dressing. Arrange this mixture in nests of salad greens and garnish with deviled eggs.

Tomorrow, we'll discuss making soap from left-over fat, another good, old-fashioned economy.

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